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Diana Thompson, her daughter Aaliyah, her stepson Christopher and husband Renan Aviles Hernandez on Sunday. CONTRIBUTED

DAD'S EXILE ENDS

Vancouver family reunites three years after Honduran's deportation metroNEWS

'Easier to buy pot than coffee': MP

CRIME

Decriminalizing would profit gangs, Liberals argue

David P. Ball
Metro | Vancouver

A lone Liberal MP from Toronto broke ranks with his party during a pot debate Monday, lending his support to a New Democrat motion to decriminalize the drug until it becomes legal next year.

Nathaniel Erskine-Smith argued in the House of Commons that continuing to prosecute people for simple possession of the drug — 57,314 Canadians in 2014, according to Statistics Canada — is unfair.

"Is not decriminalization a fairer option as a matter of scarce judicial resources and a matter of not affecting young people's lives negatively, for no reason at all, when we're legalizing within one year?" he asked.

His comments came during an NDP motion that would see selling marijuana remain illegal in Canada, but simple possession for personal use not be enforced.

Victoria MP Murray Rankin, the party's justice critic, said in an email that many voters feel betrayed by the Liberals' election promise to reform weed laws quickly. Maintaining the status quo, he argued, would needlessly risk the future jobs and travel of more than 20,000 people who get pot-related criminal records every year.

Liberal cannabis czar Bill Blair — previously Toronto police chief — said the NDP's motion was "reckless in the extreme" and could "create much greater risk for our communities to remove all control from cannabis," he said.

"It would create opportunities for organized crime," he argued Monday, "and put our children at risk."

Quebec Conservative MP Alain Rayes accused Prime Minister Justin Trudeau of "trivializing" drug use, especially for young people who are more "vulnerable" to its effects.

"Imagine: In Vancouver there are more illegal pot shops than Starbucks," he said. "It's easier to buy pot than coffee in Vancouver.

"If you can grow it at home, when it's legalized, people can do it everywhere. Nothing will protect our children."

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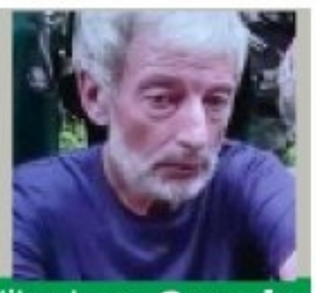

Canadian hostage Robert Hall killed in Philippines. **Canada**

Board foots bill for dumped concrete

JOHN HENDRY PARK

Park at a loss as to who was behind 7-tonne mischief

Wanyee Li
Metro | Vancouver

The Vancouver Park Board is footing a $7,000 cleanup bill after someone dumped about seven tonnes of pulverized concrete onto a rugby field near Trout Lake in May.

A resident witnessed the incident at the northeast field in John Hendry Park and reported it to the park board on May 15, according to a board spokesperson.

It's the first time the manager of park operations, Brian Quinn, has encountered such a bizarre incident.

"It's always a surprise to see something like this happen," he said.

"It's a conundrum for us."

It took two days for 10 park board staff to clean up the concrete, which covered a third of the field. The field has been closed to the public for almost a month to allow the grass underneath to recover.

The park board has not been able to identify the people responsible for the concrete dump. At this point, staff only know that twelve people used a dump truck to transport the load.

Several sports groups scheduled to play on the field have had to relocate due to the field closure. Renting out fields to user groups is a source of income for the park board.

One of those groups was TFC volleyball, an organization that has run a grass league on the field for the past 12 years.

"I have to give some kudos to (the park board) because I know it was a big inconvenience for them to help us out and other user groups who use the field," said Rex Go, managing director at TFC Volleyball.

"At this late in the stage, everything is booked."

The field will remain closed for at least one more week.

It took almost a dozen park board staff to scrape seven tonnes of pulverized concrete off a rugby field near Trout Lake.
JENNIFER GAUTHIER/METRO

HERITAGE

Language plays big role in new First Nation curriculum

There is only one fluent speaker of the Upriver Halq'eméylem language left in the world, but students in the Stó:lō Nation in B.C.'s Fraser Valley will soon be able to see exactly how she pronounces the nearly lost words.

Educators in the Seabird Island Band are putting greater emphasis on language revitalization in a new curriculum that is being developed for the 2017-18 school year. They have documented the language through ultrasound, using the same technique instructors in UBC's Cantonese program are piloting with their students this summer.

The technique allows students to see how the mouth's muscles move when pronouncing certain sounds — a valuable resource when there is only one person left in the world who speaks the language.

"Our language holds the culture, it holds the heart, it holds the being of our Stó:lō people," said Dianna Kay, a language curriculum developer at Seabird Island Community School.

In April, UBC lecturer and linguist Strang Burton recorded Elizabeth Phillips speaking her native tongue both on film and as an ultrasound recording, enabling students to see how the muscles move inside the mouth for certain sounds.

He is working with the Stó:lō community to create an ebook using the video clips.

Kay plans to incorporate the ebook in a new curriculum and is hopeful it will encourage more students to continue learning the language after they graduate.

"I always like to say we plant 200 seeds a year, every year, and from there it's the decisions of the person if they want to push through with the language."

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Family reunited after 3 years

BORDER SECURITY SHOW

Father grateful to be back in Canada after deportation

David P. Ball
Metro | Vancouver

Accompanied by his son Christopher, right, Renan Aviles Hernandez receives a hug from his step-daughter Aaliyah upon arriving at Vancouver airport in late January, after his wife Diana Thompson's successful three-year effort to sponsor him as a permanent resident. COURTESY DIANA THOMPSON

Renan Aviles Hernandez remembers the fateful day in he answered a knock on the door he was painting at an East Vancouver construction site in late March 2013.

He was expecting it was his coworkers inviting him to lunch. It wasn't.

"It was immigration," the 38-year-old told Metro. "He told me I was under arrest."

In the hallway outside, two of his co-workers were already in handcuffs. But it wasn't just Canada Border Services Agency enforcement officers at the scene. There were also video cameras from a reality television show, Border Security: Canada's Front Line.

On Monday, Metro reported that the show was cancelled after a three-year campaign by activists, a ruling by Canada's privacy commissioner finding the show had violated privacy law, and a petition launched by Aviles Hernandez's wife, Diana Thompson to scrap the show.

"People don't need our hardships exploited on TV," she told Metro. "It's not entertainment. We're real people with real feelings."

The couple married in 2012. She has an 11-year-old daughter from a previous relationship, and he a 12-year-old son from another.

But the Honduran was living here without legal papers.

When Thompson received a call from his coworker about his arrest, the moment she'd long feared had come: "Everything just stopped — I felt kind of lost."

> **Every morning I can't believe that I'm here. I wake up and feel so motivated to be here with my family.** Renan Aviles Hernandez

As he faced deportation from Vancouver airport, Diana and her daughter were even barred from saying goodbye.

"I wish I had the opportunity to give them a hug," he said. "I wasn't allowed to see them."

She immediately began a three-year crusade to bring him back and sponsor him as a spouse, a costly process she'd begun before his arrest. In January, her effort paid off: Canada accepted him as a permanent resident and he returned. The separation had been hardest on her daughter.

"It took its toll on her," Thompson said. "She was always asking, 'When's he coming? Why can't he come here?'

"She was definitely heartbroken and confused about the whole thing."

According to the family's Vancouver lawyer, Zool Suleman, although Aviles Hernandez overstayed his original visa in Canada, CBSA could have taken into account his roots here, his lack of criminal record and his family, and granted a humanitarian exception without removing him.

"He should not have been deported at all," Suleman said. "This has caused great anguish to his family, and of course the children in his life. To separate a father from his family is a really serious thing. I think CBSA needs to review its policy."

Suleman wants to know why the agency "seemed very bent on deporting everyone caught as part of this film project," he said. "In my mind, there's no doubt the hysteria around the film project clouded their judgment."

Thompson and Aviles Hernandez are now settling into the next phase of their family's life. Like thousands of other Vancouverites, the family spent Sunday enjoying the tastes, sights and sounds of Italian Day on Commercial Drive.

"It felt so free to go there with my family. And I don't have to be worried anymore about immigration."

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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TransLink is holding open houses on the Pattullo Bridge replacement project. COURTESY TRANSLINK

Open houses begin for bridge project

TRANSLINK

Pattullo replacement still looking for funding

Matt Kieltyka
Metro | Vancouver

TransLink is pushing ahead with the Pattullo Bridge replacement project, even though its funding remains up in the air.

The transit authority is holding the first of four open houses Wednesday evening at Surrey City Hall to give people a chance to review community connection options for both Surrey and New Westminster with technical staff.

A new $978-million four-lane tolled bridge was envisioned to replace the 78-year-old Pattullo Bridge in the mayors' 10-year transit plan in 2014, but the plan has been stalled since the region voted against a proposed sales tax to pay for it last year.

TransLink spokesperson Jennifer Morland said it recently submitted a funding request to PPP Canada for the bridge replacement and that planners are continuing to work on the project as proposed in the mayors' plan (although costs estimates will have to be updated).

"The project itself has not been fully approved. We're still in the planning phase on the project," said Morland.

If all goes well, TransLink hopes to hire a contractor in 2017 and begin construction in 2018 with the aim of a 2022 completion.

The current bridge is in desperate need of replacement.

Work is underway until October on $10 million worth of repairs on the bridge, which Morland says should be enough to keep the crossing in good condition until a replacement is built.

$10M

The current bridge is in desperate need of replacement. Work is underway until October on $10 million worth of repairs.

The first open house at Surrey City Hall runs from 5 to 8 p.m. Wednesday.

The remaining dates include Saturday at Sapperton Pensioners' Hall in New Westminster (10 a.m. to 1 p.m.), June 22 at the Inn at the Quay in New Westminster (5 to 8 p.m.) and June 25 at Bridgeview Elementary School in Surrey (10 a.m. to 1 p.m.).

Details, including the consultation materials presented at the open houses, are available on TransLink's website.

The website also includes a discussion guide and online survey about the project.

CUISINE

City chef Tojo honoured as ambassador for Japanese food

Vancouver restaurateur and culinary inventor Hidekazu Tojo is being honoured as a Goodwill Ambassador for Japanese Cuisine.

The appointment has been made by the Japanese government's Ministry of Agriculture, Forest and Fisheries.

Tojo came to Vancouver in the early 1970s, and his restaurant's website says he is the creator of the first California roll — named not for the state but for the origin of the avocado inside the seaweed and rice wrapped sushi.

His Vancouver restaurant has garnered international attention and numerous awards including an annual Zagat extraordinary rating from 2007 to 2012.

A news release from the Japanese consulate says the appointment distinguishes Tojo as belonging to the top tier of Japanese chefs and makes him one of 13 such ambassadors outside Japan.

The Consul General of Japan in Vancouver will formally present a certificate to him in a special ceremony planned for Thursday. THE CANADIAN PRESS

UBC's new head promises change

EDUCATION

Newcomer enters at time of university crises, assaults

The University of British Columbia's new president is promising greater transparency while listening to students and faculty, as he joins the institution at a tumultuous time in its history.

Santa Ono, 53, who was born in Vancouver and has served as president of the University of Cincinnati since 2012, will take the reins amid ongoing criticisms of UBC's governance and its handling of campus sexual assaults.

The renowned biomedical researcher told an enthusiastic crowd inside the university's law school that leading UBC is a "once-in-a-lifetime" opportunity that he could not pass up.

"I view myself as a servant leader," he said. "I see my job as working on behalf of the entire UBC community. I am working to serve you, not vice versa."

The university has been gripped by a governance crisis since last August, when former president Arvind Gupta abruptly resigned. In the months that followed, the board chairman stepped down amid an academic freedom controversy and the faculty association passed a resolution declaring it had lost confidence in the board.

Santa Ono is UBC's new president. THE CANADIAN PRESS

Ono, the son of a Japanese-born professor who taught math at UBC in the 1960s, said he wasn't scared off by the events of the past 10 months.

"In fact, it made me even more interested in coming here to contribute to this university that is so dear to my family, and doing everything in my power to help the institution become even more outstanding," he said.

He told reporters he met with the board of governors and new chairman Stuart Belkin and he felt confident that work to improve transparency and accountability had already begun.

The university has also faced accusations that it delayed taking action on multiple sexual assault allegations against a PhD student. Ono said he had handled similar problems in Cincinnati.

"I'm very experienced in dealing with these sorts of issues," he said. "We can move forward."

Faculty association president Mark Mac Lean said Ono's opening remarks showed he is well aware that addressing UBC's governance matters will be critical to regaining the confidence of professors.

"He has given strong signals that he desires to be a president that engages well with the faculty and that he sees himself as a member of the faculty," Mac Lean said in an email.

Belkin praised Ono's extraordinary life and accomplishments and said the board unanimously appointed him to a five-year term.

Ono will earn $470,000 annually. It's a pay cut from his salary of $525,000 US at the University of Cincinnati, where in recent years he donated his bonuses to charity.

He holds a biology degree from the University of Chicago and an experimental medicine PhD from McGill University. His research has focused on the immune system and eye disease, and he has held prestigious positions at Harvard Medical School and Johns Hopkins School of Medicine.

> **I view myself as a servant leader.**
> Santa Ono

Ono drew praise last month when he spoke frankly about his experiences with depression, reminding students that mental illness can be treated. He revealed that he first tried to kill himself at 14 and his second attempt came in his mid-20s.

He lived in an apartment on UBC's campus for the first few years of his life, and he said he expects his parents to make an emotional visit to his new home, the 6,400-square foot Norman Mackenzie House.

The background, life and interests of Vancouver-born Santa Ono

Here's a look at Santa Ono, the new president of UBC:

Age: 53

Early years:

Born in Vancouver to a Japanese-born father who was a professor in UBC's math department. His family moved back to the U.S. a few years after he was born, and lived primarily in Baltimore.

His name:

Ono and his brother are named after characters in Japanese folk stories, but his father removed a few letters from each. "My father, being a mathematician, likes to add and subtract," Ono said. When Ono was born, his father decided to name him after a samurai character, Santaro. "He removed the 'r' and 'o' from Santaro, and it became Santa, not knowing that he was setting me up for a lifetime of ridicule from October to December," Ono said.

Education:

Holds a biology degree from the University of Chicago and an experimental medicine PhD from McGill University in Montreal. His primary research interests focus on the immune system and eye disease.

Professional life:

He has held positions at Emory University, Johns Hopkins School of Medicine, Harvard Medical School and University College London. He joined the University of Cincinnati in 2010 as provost before its board unanimously appointed him president in 2012.

Personal life:

Ono met his wife Wendy Yip at McGill. She is an accomplished immunologist and lawyer. Her late father was from Shanghai and taught at McGill, while her mother Dr. Alice Chan-Yip is a pediatrician and a member of the Order of Canada. Ono and Yip have two daughters, aged 18 and 11.

Musical interests:

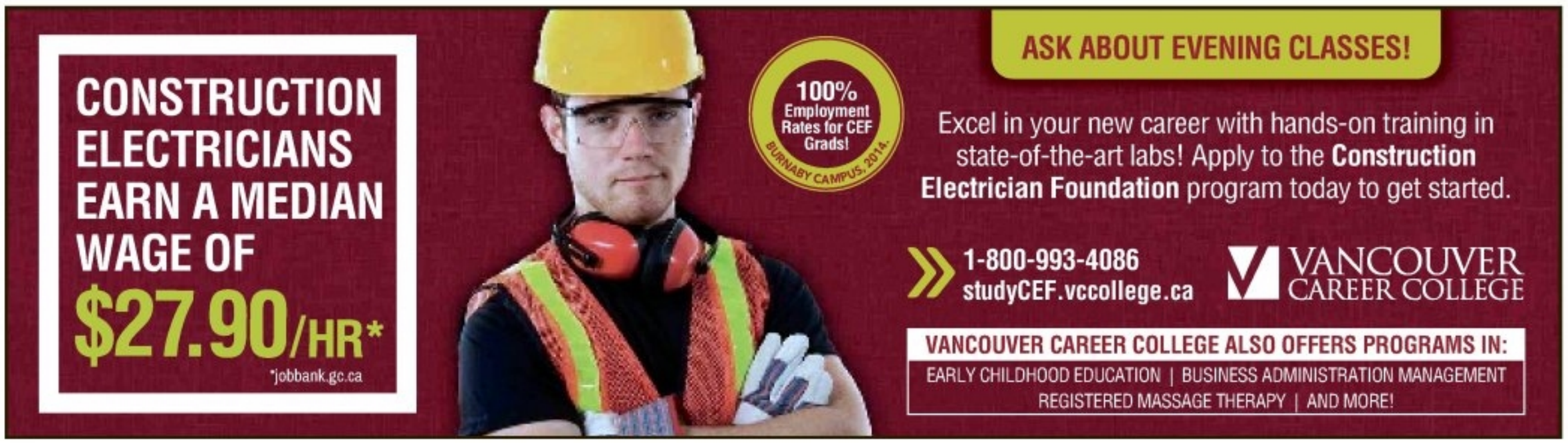
Ono is a cellist and studied at the Peabody Conservatory of Music in Baltimore. He is avid music lover whose tastes range from Rihanna to Russian pianist Sergei Rachmaninoff.

Mental health advocacy:

Ono spoke frankly about his mental health history at a fundraiser last month. The event was to commemorate a student who had killed himself in 2014. Ono revealed that he had twice attempted suicide: once when he was 14 and the second time in his mid-20s. He said in a statement Monday that he aimed to spread awareness about mental illness and share his own struggles as a high-achieving student who battled and beat depression.

Quote:

"Thank you for making it possible for this Vancouver boy to return home," he said Monday during his introduction. THE CANADIAN PRESS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SUPREME COURT

Sting was only way to investigate couple: Lawyer

Mounties in charge of an undercover sting on a British Columbia couple accused of being terrorist sympathizers can't be faulted for bringing in a "closer" to wrap up the controversial operation, says a Crown lawyer.

Peter Eccles told B.C. Supreme Court on Monday that police couldn't draw out their investigation indefinitely and needed to determine whether John Nuttall and Amanda Korody were serious about following through with any of their various proposals for jihad, or holy war.

"So long as (the closer) doesn't induce, incite or entrap, you can't fault the police for wanting to shut this thing down," Eccles said.

"(The police) can't walk away. Not from these two. Not with what they know. So they have to find some way to arrest or walk."

Nuttall and Korody were found guilty of planting what they believed were pressure-cooker bombs at the B.C. legislature on July 1, 2013, with the intention to commit mass murder during Canada Day festivities.

Their verdicts were put on hold while lawyers argue in a second hearing whether police manipulated the couple.

An elaborate undercover operation involving more than 240 officers was the only way for officers to protect the public, Eccles told the court.

Nuttall's group of friends and associates was secluded and small, making it difficult for RCMP to find a confidential informant, he said.

The Mounties steered Nuttall and Korody toward planting bombs at the provincial legislature because it was a safer and more manageable scenario than other riskier ideas the pair had floated, Eccles added. Those ideas included hijacking a navy submarine, firing rockets at Seattle and infiltrating a synagogue to slaughter Jewish children. THE CANADIAN PRESS

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TRANSLINK

Alex Flores, left, and Dylan O'Brien appear in a scene from the film Maze Runner: The Scorch Trials.
RICHARD FOREMAN JR./20TH CENTURY FOX/THE ASSOCIATED PRESS

Company 'failed' actor

MAZE RUNNER

Employer at fault in star's injury, says WorksafeBC

B.C.'s work-safety agency says a film production company "failed" to ensure the safety of workers on the set of Maze Runner: The Death Cure when actor Dylan O'Brien was injured in March.

WorksafeBC says an actor was injured March 17 after a change to an action sequence in the film.

After the incident in B.C.'s interior, 20th Century Fox said O'Brien was immediately transferred to a Vancouver hospital and that production on the film would be shut down while he recovered.

Director Wes Ball tweeted after the accident that O'Brien would finish shooting the latest instalment of the popular franchise a few weeks after recovering. However, it's unclear if filming for the movie has resumed and a spokesman in Los Angeles said Monday that Ball was out of the country.

No one from 20th Century Fox responded to requests for comment.

The actor's name is redacted from an Employer Incident Investigation Report issued by the safety agency and in its Inspection Report, the person who was injured is referred to as the worker.

A nine-hour inspection was completed in May and the safety agency alleges in one of the reports that Fox US Productions 49 contravened a section of the provincial Workers Compensation Act.

The alleged breach happened during the filming of a rehearsed sequence, the report says.

It isn't clear from the reports what the actor was doing at the time of the accident, but one of the reports says the scene involved a trailing and leading vehicle. THE CANADIAN PRESS

IN BRIEF

Stray bullet almost hits family in home

A Prince George family had a close call in their own home during a recent shooting, according to police. Police believe the shooting that occurred was targeted. No one was injured in the shooting.
MATT KIELTYKA/METRO

Two injured in hit and run

Abbotsford police are looking for a suspect after an alleged hit and run left two elderly people in hospital Wednesday night. Police are looking for a black 2014-2016 Toyota Corolla they believe was involved in the crash.
WANYEE LI/METRO

Abu Sayyaf kills hostage

PHILIPPINES

Canadian man was kidnapped by terror group in 2015

Canada's top Mountie says the tough terrain of the southwestern Philippines may make it difficult to find the killers of two Canadian hostages, but it won't prevent the ongoing effort to bring them to justice.

RCMP Commissioner Bob Paulson's commitment was affirmed Monday by Prime Minister Justin Trudeau following the death of Canadian Robert Hall, who had been held hostage by Abu Sayyaf since September 2015.

Robert Hall
CANADIAN PRESS

Hall's death comes after the execution in April of fellow Canadian John Ridsdel, who was snatched from a marina by Abu Sayyaf along with Norwegian Kjartan Sekkingstad and a Philippines national last September.

Paulson said the RCMP is helping local authorities give chase to the kidnappers, "but as you know, it's a very difficult piece of geography and … challenging environment."

The Mounties are conducting an extraterritorial investigation into the murders, meaning the perpetrators could one day face justice in Canada, he added.

Trudeau said Canada holds Abu Sayyaf fully responsible for Hall's death.

"We are more committed than ever to working with the government of the Philippines and international partners to pursue those responsible for these heinous acts and bring them to justice," Trudeau said.

Abu Sayyaf operates mainly in the south of the Philippines, in the western Mindano and the Sulu Archipelago, but staged a major attack in 2004 that killed more than 100 people when militants bombed a ferry in Manila Bay. THE CANADIAN PRESS

EQUALITY

Dear Tim Hortons: Where are the women?

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women. Now RBI's 11-person board of directors is all male, including the 10 men pictured here. CONTRIBUTED

A proposal to create a formal diversity policy at the parent company of Tim Hortons and Burger King aimed at increasing the number of women on its all-male board of directors has been rejected.

Oceanrock Investments Inc. and the Shareholder Association for Research and Education (SHARE) asked the company to write a formal diversity policy and inform shareholders how and when it intends to increase the number of women on its board of directors and in senior management positions.

Oceanrock Investments, which said it owns nearly 19,000 RBI shares, acted on behalf of the Meritas Jantzi social index fund.

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women, according to the shareholder proposal. Now RBI's 11-person board of directors is all male.

The proposal asked RBI to complete the policy and update shareholders by December 2016.

While there are many benefits to increasing gender diversity on corporate boards, including the potential for better shareholder returns, that wasn't the sole reason for the proposal, Fred Pinto, OceanRock Investment's CEO, said while presenting the proposal at the company's annual general meeting on Thursday.

"We did this quite simply because it's the right thing to do," he said.

Other shareholders voted to reject the proposal.

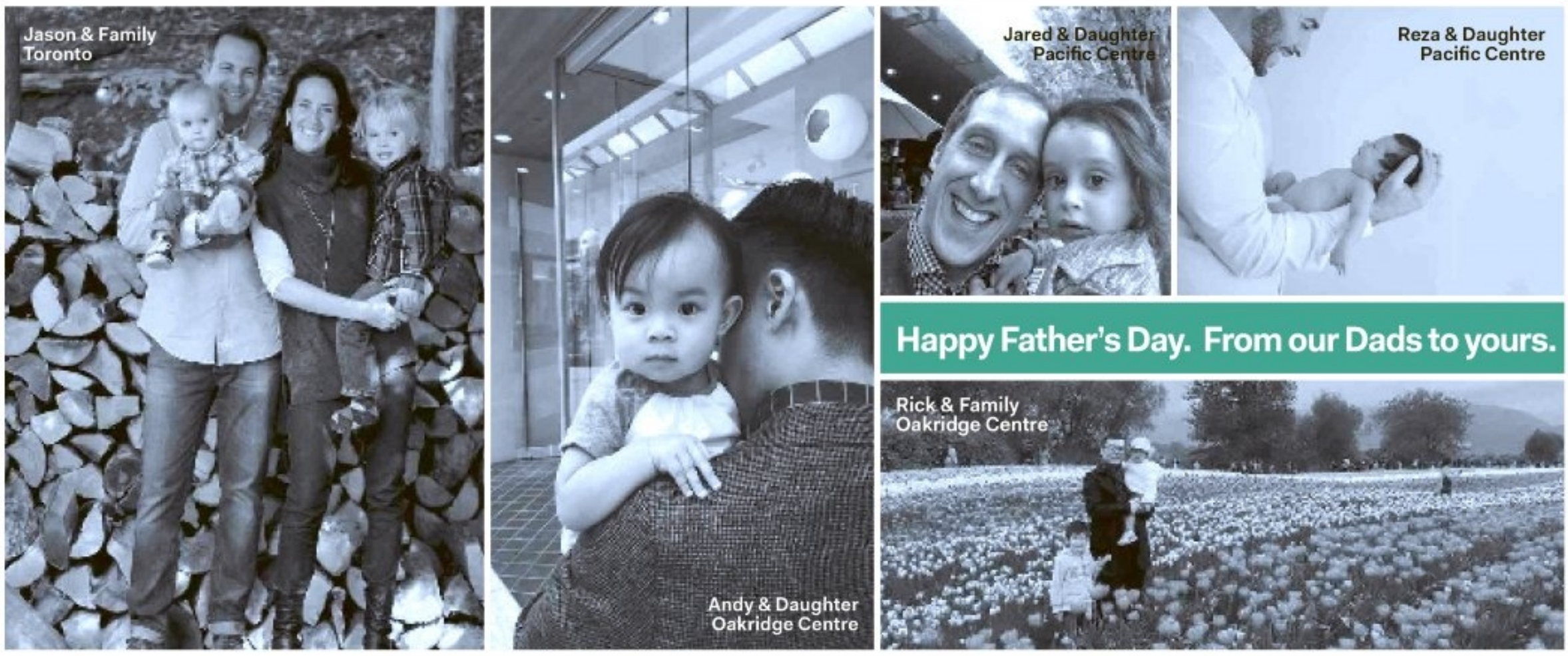
The result wasn't unexpected, Pinto said in an interview following the vote. The group will now wait to see how many independent shareholders supported their proposal as more detailed results are released in the next few days.

The board had declined to make a recommendation on how shareholders should vote, but did amend its new director nomination process to consider diverse candidates in response to the proposal.

These are more general steps, Pinto said, and he would like to see RBI take more specific action, including presenting a timeline for gender diversity inclusion.

Gender diversity on corporate boards in Canada has become a source of tension between shareholders and companies.

BCE Inc.'s shareholders voted down a similar proposal at their annual general meeting earlier this year, and a Dollarama shareholder brought up concerns over the lack of women in leadership positions at that company's meeting earlier this week. THE CANADIAN PRESS



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Banking on the advantages of credit

Credit cards help consumers track spending

ISTOCK

Sean Deasy

In today's economy, consumers need to stretch their dollars as far as possible. One way to get a handle on spending is by controlling your mode of payment. For some consumers, the best way to keep spending in check is by using a credit card for most purchases. It's hassle-free, easy to use, and has the potential to earn rewards — an attractive perk that can quickly add up.

For those who don't like to keep loose cash around, credit cards are small, simple and easy to store. Perhaps their biggest advantage for spending-conscious consumers is how they help you keep track of your purchases. A monthly credit-card statement can be an enlightening document if you haven't created a budget or followed your spending before, and year-end summaries are important guides that can help you direct future savings goals.

Another advantage of using a credit card is that it lets you build a credit rating — essential if you ever need a bank loan (such as, for instance, to purchase a home). It's a side benefit of using your card regularly. Just make sure to pay off your balance each month if you want to avoid incurring interest.

Speaking of perks, one of the best features many credit cards offer is the chance to earn rewards. These can take the form of travel points, retail discounts, cash back or other promotions. By collecting credit-card rewards, you earn something with every purchase. And as you'll notice on your monthly statements, such rewards can accumulate fast.

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Leveraging the benefits of debit

Living in the now, and avoiding future debt, with debit

Sean Deasy

ISTOCK

For many consumers, the need to stay on top of their budget — even on a daily basis — is an essential part of their financial strategy. One way to help manage that is by making most transactions with a debit card. It's simple to use, offers convenient access to cash, and enables the user to remain within an allotted budget every day.

For those who aren't fans of potentially comprehensive administration, the debit card is a boon. Typically, checking and savings accounts have a debit card automatically linked to them, side-stepping the need to complete additional applications.

As far as expedient retail transactions go, it's hard to top the performance of the debit card. It's as simple as it is speedy. And since the debit card only lets you spend what's currently in your account, you're less likely to spend more than you can afford. That's essential for consumers who wish to stay on top of their spending habits, with a goal of remaining fiscally responsible. And having an updated account balance in your hand after each transaction lets you keep tabs on the savings you have left.

Speaking of advantages, most retailers now offer a "cash back" option that's seamlessly folded into the purchase transaction. It's a real benefit for consumers who appreciate a timely and convenient access point for cash as needed. And it can help control spending by preventing withdrawals of more cash than necessary from ATMs, which can lead to unplanned or irresponsible purchases.

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Eddie Jamoldroy Justice, 30

Akyra Monet Murray, 18

Luis Vielma, 22

Luis Omar Ocasio-Capo, 20

Xavier Emmanuel Serrano Rosado, 35

Amanda Alvear, 25

Enrique L. Rios, Jr., 25

Tevin Eugene Crosby, 25

Jason Benjamin Josaphat, 19

Mercedes Marisol Flores, 26

Remember their names

A gunman wielding an assault-type rifle and a handgun opened fire inside a crowded gay nightclub in Orlando, Fla., early Sunday, leaving at least 49 people dead in the worst mass shooting in modern U.S. history. Here are stories of some of the victims.

Last Monday, Akyra Murray, who turned 18 in January, graduated third in her class of 42 students at West Catholic Preparatory High School in Philadelphia, where she had also been a 1,000-point scorer on the basketball team.

"She was very loving, caring, out to help anybody," her mother, Natalie Murray, recalled.

To celebrate her graduation, Akyra, her parents and her 4-year-old sister travelled to Orlando for a family vacation.

On Saturday, Murray told her parents she wanted to party in downtown Orlando. They dropped her off at Pulse at 11:30 Saturday night.

At about 2 a.m., Akyra Murray sent a text message to her mother, saying that she and her cousins wanted to be picked up. She said there had been a shooting.

Moments later, the phone rang.

"She was saying she was shot and she was screaming, saying she was losing a lot of blood," Natalie Murray said.

Murray said her daughter was hiding in a bathroom stall, cowering from the shooter, her arm bleeding for hours with no medical treatment.

Mercedez Marisol Flores went to Pulse nightclub almost every weekend, Flores' sister-in-law said Monday, often with her best friend Amanda Alvear. Both women died in the shooting.

"She was very outgoing," Nancy Flores said of Mercedez Flores. "She had lots of friends. They used to always meet up at Pulse."

Born in Queens, N.Y., the 26-year-old Flores moved to Florida when she was a child, her sister-in-law said. She worked at Target and studied at Valencia College, a local community college. She wanted to become a party planner so she could coordinate events with her two older brothers, who are both DJs.

Alvear, 25, had bonded with friend Sandy Marte over breakups and health problems. Marte said he was trying to comfort her after the breakup. She had lost a lot of weight following gastric bypass surgery and Marte encouraged her to socialize and enjoy life.

"She was loving, she was caring, she always had an open ear," Marte said of his friend Alvear.

Luis Omar Ocasio-Capo wanted to be a star. The 20-year-old dancer was working at Starbucks inside a Kissimmee Target store while studying theatre, and would have auditioned on Tuesday for a play, said his sister, Belinette Ocasio-Capo.

Omar, as he was known to family and friends, seemed brash to 70-year-old Claudia Mason, who worked with him at Starbucks. But after getting to know her much younger co-worker, "I realized he had a very outgoing personality," said Mason. "His sense of humour was definitely his defining personality trait."

A text message sent by Eddie Justice to his mom during a shooting in an Orlando, Fla. nightclub. THE ASSOCIATED PRESS

Ocasio-Capo was hired as a cashier before moving over to the Starbucks, and became a great barista, Mason said.

"Omar got along with everyone," she said.

Eddie Jamoldroy Justice tapped out a series of chilling text messages to his mother from a bathroom at the Orlando nightclub. The 45-minute exchange began with a message of love.

"Mommy I love you," the first message to Mina Justice said at 2:06 a.m. The messages stopped shortly after he confirmed to her that the shooter was nearby.

Eddie Justice, 30, was normally a homebody who liked to eat and work out, his mother said. He liked to make everyone laugh. He worked as an accountant and lived in a condo in downtown Orlando.

THE ASSOCIATED PRESS

ORLANDO

Terrorist was 'homegrown'

The gunman whose attack on a gay nightclub left 49 victims dead appears to have been a "homegrown extremist" who espoused support for a jumble of often-conflicting Islamic radical groups, the White House and the FBI said Monday.

Omar Meteen AFP/GETTY IMAGES

As Orlando mourned its dead with flowers, candles and vigils, counter-terrorism investigators dug into the background of 29-year-old Omar Mateen for clues to why the American-born Muslim carried out the deadliest mass shooting in modern U.S. history.

"So far, we see no indication that this was a plot directed from outside the United States, and we see no indication that he was part of any kind of network," said FBI Director James Comey. But he said Mateen was clearly "radicalized."

Comey said the bureau is also trying to determine whether Mateen had recently scouted Disney World as a potential target.

The FBI chief defended the bureau's handling of Mateen during two previous investigations into his apparent terrorist sympathies.

Wielding an AR-15 semi-automatic rifle and a handgun, Mateen opened fire at Pulse Orlando early Sunday in a three-hour shooting rampage and hostage siege that ended with a SWAT team killing him. During the attack, he called 911 to profess allegiance to Daesh.

At the White House, President Barack Obama said there is no clear evidence so far that Mateen was directed by the group, calling the attack an apparent example of "homegrown extremism."

THE ASSOCIATED PRESS

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Trump and Clinton at odds over attack

There is a political playbook for the aftermath of terrorist attacks, a leadership script born of wretched experience.

Offer sombre thoughts and prayers to the victims and their families. Vow, resolute, to defeat the perpetrators and their ideology. Urge the public to remain united and unbowed. Advocate a few policy solutions. In the wake of the massacre at a gay nightclub in Orlando on Sunday, Hillary Clinton is sticking to routine. Donald Trump is not.

Instead, the Republican nominee has offered a series of furious arguments and false accusations unlike anything else in the recent campaign history. Over the course of two days, Trump has called for the resignation of the president, insinuated the president is supportive of jihadists, and escalated his anti-Muslim rhetoric.

After the deadly Orlando nightclub shooting Donald Trump attacks President Barack Obama, focuses on threats posed by immigrants and refugees. AFP/GETTY IMAGES

Monday afternoon offered the sharpest contrast between the two candidates. Clinton, speaking in measured tones in Ohio, called for an intensification of the war in Syria, new gun control measures, bipartisan unity and respect for Muslims.

Trump, appearing in New Hampshire, spoke in the agitated voice of his early campaign rallies. After expressing condolences, he focused almost exclusively on immigration — specifically, on what he said was the threat posed by immigrants and refugees from Muslim countries.

TORSTAR NEWS SERVICE

Shock and condemnation

TERROR ATTACK

Global public figures react to nightclub massacre

From across the world, officials and public figures are expressing condemnation and shock over the Florida mass shooting at the Pulse Orlando nightclub on Sunday, when police say a gunman wielding an assault-type rifle opened fire, killing 49 people and wounding dozens.

FRANCE

The Eiffel Tower will shine in the colours of a rainbow on Monday night to honour victims of the mass shooting. Paris City Hall began paying respects in the afternoon with a display of American and rainbow flags, while French President Francois Hollande condemned the mass killing as an attack on freedom.

BRITAIN

With tears, song and defiance, thousands of people gathered in London for a vigil in honour of the victims. Mourners packed narrow Old Compton St. in Soho, the heart of London's gay nightlife district, on Monday evening. Queen Elizabeth II and Prime Minister David Cameron have sent messages of condolence.

People in Paris, left, pay homage to victims of the mass shooting at a gay nightclub in Orlando, Florida. Right: Mourners observe a minute of silence outside Barcelona's city hall during a vigil on Monday. AFP/GETTY IMAGES

GERMANY

German Chancellor Angela Merkel says it's important to continue with "our open, tolerant life" following attacks such as the mass shooting at an Orlando gay club.

MUSLIM NATIONS

The world's largest body of Muslim-majority nations condemned the mass shooting but also warned against "political campaigning and self-serving agendas" in the wake of the tragedy. The 57-nation Organization of Islamic Cooperation said in a statement Monday that "the massacre, as terrible as it is, must not be taken out of its context as a domestic American case."

ISRAEL

Israeli President Reuven Rivlin says in a letter to President Barack Obama that Israel stands "shoulder to shoulder with our American brothers and sisters."

PALESTINIAN TERRITORIES

Palestinian Prime Minister Rami Hamdallah says the deadliest mass shooting in U.S. history is a "senseless act of terror and hate" and that "Palestinians stand with the American people in this difficult time."

RUSSIA

People have been bringing flowers and rainbow flags to the U.S. Embassy in Moscow to show their solidarity with victims of the shooting since early Monday. THE ASSOCIATED PRESS

G4S SECURITY FIRM

Hiring practices defended

The security company that employed both the Florida nightclub gunman and an armoured car guard who killed three co-workers in Edmonton in 2012 has defended its hiring practices, but says it cannot guarantee employees won't commit violent crimes.

Communications director Katie McLeod of the Canadian arm of U.K.-based G4S says the global security company does as much as it can to investigate prospective employees before hiring them, using both government and its own checks to screen them.

"In Canada, you must have your provincial security licence before you are even considered for employment," McLeod said.

Omar Mateen, a G4S employee in Orlando, Fla., has been identified as the gunman in the attack Sunday.

In 2012 in Edmonton, an armed G4S guard killed three co-workers and wounded a fourth while they were servicing a University of Alberta campus ATM. THE CANADIAN PRESS

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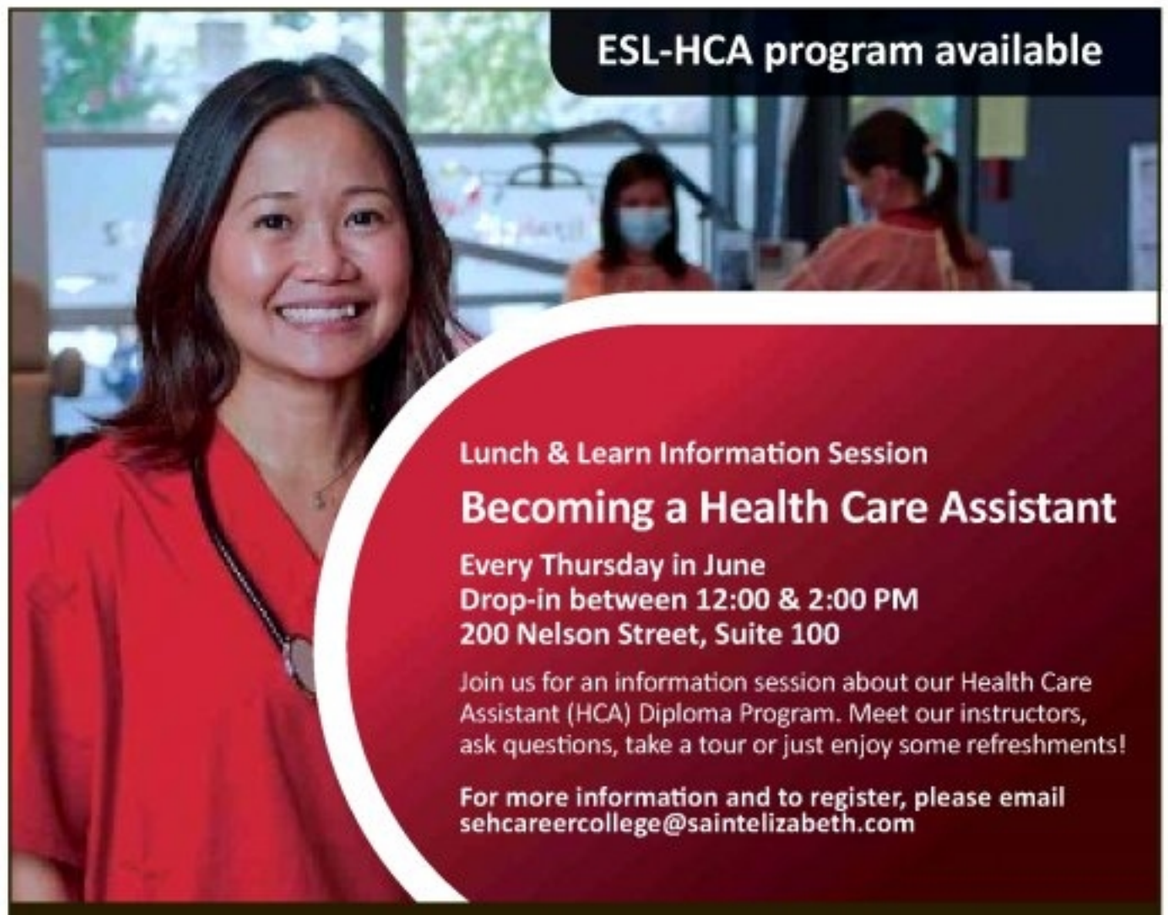
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ROSEMARY WESTWOOD ON THE LESSONS OF STANFORD

SCHOOLS MUST CHOOSE A SIDE

Any post-secondary institution that would prefer its name not become synonymous with 'rape' would do well to internalize what the Brock Turner sexual-assault case made abundantly clear: **Universities have a responsibility not just to react to sexual violence but also to prevent it.**

To Michele Dauber, a law professor at Stanford University, Jane Doe is a new Rosa Parks.

It's a striking, possibly overreaching statement. But it sets the stakes now at play for universities in the starkest of terms: You are either on the right or the wrong side of fighting campus sexual violence, just as you were once (and remain) on the right or wrong side of fighting racism.

Jane Doe is the victim in the Stanford sexual-assault case, which ignited international condemnation after her assailant, Brock Turner, was given a slight six-month jail sentence for crimes that might have earned him a maximum of 14 years.

"We are at a real watershed moment in public perception of campus sexual assaults," Dauber told The New York Times this week.

At the centre: Jane Doe's defiant courtroom statement, read aloud on newscasts, shared tens of millions of times online, quoted by the vice-president of the United States and credited for igniting fierce conversation over consent and rape.

In her letter, Jane Doe attacked Turner's effort to scapegoat his behaviour on booze and partying. Through it, she refused to meekly accept her fate, Dauber suggests, just as Rosa Parks once refused to move from her seat on a bus.

Canadian universities should take this new level of furor over sexual violence as a warning: Think "Stanford," and the next word that now comes to mind is "rape" — and your school could be next.

Canadian universities should be asking themselves how many Brock Turners are wandering their own campuses.

Of course, they shouldn't need the warning, but they also shouldn't have needed provincial governments to force them to create distinct sexual-assault procedures. (Even back in 1993, one study found as many as one in four women are sexually assaulted at universities.)

New bills passed in Ontario and B.C., as well as another introduced in Manitoba, all require that campuses adopt standalone policies. Far too many need the push. Irene Shankar, a researcher at Mount Royal University, surveyed 103 English-language schools this spring and found that only 25 had policies. Some schools, like the University of British Columbia, have been publicly shamed into instituting better practices over their poor handling of complaints.

Effective policies to tackle the fallout of violence is one thing. Preventing assaults is quite another.

In a recent case study of one anonymous Alberta campus, Shankar found the school paid so much lip service to fighting sexual violence, action got left behind. "It's almost become this opting-out that universities use," she told me. Schools will repeat how "complex" the problem is, which normalizes sexual violence and lets schools off the hook for solutions, she added.

Until, of course, an attack makes international headlines.

Stanford has defended its own conduct in the wake of the assault, noting there was "an immediate police investigation" (for which the school can't actually claim any responsibility) and that "in less than two weeks after the incident, Stanford had conducted an investigation and banned Turner from setting foot on campus — as a student or otherwise."

Students, however, are not satisfied. There's a petition calling for, among other things, the school to apologize to Jane Doe because the attack happened on its campus, increase funding for sexual-assault prevention and mandatory sexual-assault education for all students.

Going by Stanford's own data, those last two suggestions are needed. The school's 2015 campus climate survey found that one-third of undergraduate women experienced nonconsensual sexual misconduct, "including acts ranging from sexual touching to penetration" (also known as rape).

The fact that students might get to university without a firm understanding of sexual assault mirrors Brock Turner's own court statements. He blamed a culture of drinking and promiscuity for his action, apparently unable to separate sex from assault.

It's an explanation that excuses nothing, but one that should deeply worry college and university administrators. They should be asking themselves how many Brock Turners are wandering their own campuses.

Taking swift action in the wake of assaults — with care for a victim and consequences for an abuser — is good policy, but it's not perfect behaviour.

The best way to avoid being Stanford isn't to defend your actions after the fact. It's to stop the violence in the first place.

Metro POLL
Was justice served at Stanford?

Brock Turner's six-month jail sentence — of which he's expected to serve only half — has been called unfairly lenient, with many who object claiming that Turner's being a white star athlete at a prestigious school saved him from spending far more time in jail. But we wanted to know what you think.

We asked: Is Brock Turner's six-month sentence a sufficient punishment?

96%: NO
(1,217 votes)
He got off way too easily in relation to the damage he inflicted on his victim. Others won't be deterred.

4%: YES
(49 votes)
He'll suffer in jail, and spending the rest of his life on the sex-offender registry will have major implications.

Rape is rape. Period. alcohol is no defence.

He raped someone and is only getting a six-month sentence. Disgusting! Disgraceful!

It's far past time we teach our little boys that they are not entitled to women.

Such a light sentence underscores the perceived value of men's lives over a woman's right to be safe.

His actions reflect a deeper psychological attitude of superiority. This behaviour was learned.

White privilege is real, and this is a sickening case of it.

visit metronews.ca
HAVE YOUR SAY

Protesters at Stanford's graduation ceremony wear '1/3' signs on their mortarboards, referring to the stat that one in three women will be sexually assaulted in her lifetime. THE ASSOCIATED PRESS

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On Market - 3 Deals
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That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

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metro LIFE

Your essential daily news

Heartland director Gail Harvey
COURTESY IMDB

CBC plans to increase female directors on their scripted TV series, from 17% to 35% in two years

JOHANNA SCHNELLER WHAT I'M WATCHING

A sonnet that soothed the world

TONY AWARDS

Love is love is the line we need to keep repeating

THE SHOW: The 70th Annual Tony Awards
THE MOMENT: The sonnet

The evening was already emotional. Host James Corden kicked it off by acknowledging the mass shooting that had occurred early that morning in a gay nightclub in Orlando: "Theatre is a place where every race, creed and sexuality is equal, embraced and loved," he said. Winners celebrated theatre's inclusiveness in their acceptance speeches.

Then Hamilton creator Lin-Manuel Miranda won for Best Score and read a sonnet he'd just written. "Senseless acts of tragedy remind us, that nothing here is promised. Not one day," he said.

Emotion increasing, he continued, "We live through times when hate and fear seem stronger . . . hope and love last longer."

Voice breaking, he hit his crescendo: "Love is love is love is love is love is love is love, cannot be killed or swept aside." With each "love," he pulled a lump higher into your throat. You could feel the room stop breathing.

If you haven't yet watched the speech of Hamilton creator Lin-Manuel Miranda, centre, you need to. GETTY IMAGES

If you missed this show — even if you don't give a toss about theatre — you should watch this speech. Forget the rhetoric that bombards us every time terrible events are perpetrated. Forget the silver ribbons that people will wear for a while, then put aside. Miranda's last line is what we need to keep reiterating. (#Loveislove became an immediate hashtag.)

The show went on. People sang joyfully. Corden did a funny bit about how Law & Order kept Broadway actors employed. Several winners spoke eloquently about the power of art to help explain tragedy and console after it occurs. But the sonnet was the peak.

The Tony Awards aired on CBS and CTV, and you can see video from the event at ctv.ca

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

AT THE SHOW

Tonys a beacon of diversity

For all the talk about diversity and inclusiveness this season (absent at the Oscars, present at the Tonys), nothing could beat one powerful image: All four of the musical acting winners at the Tonys were black actors. "It's so diverse that Donald Trump has threatened to build a wall around this theatre," said host James Corden, pictured below. Daveed Diggs won the award for featured actor in a musical for Hamilton, Cynthia Erivo won for leading actress in a musical for The Color Purple, Leslie Odom, Jr., won leading actor in a musical for Hamilton, and Renee Elise Goldsberry, pictured top inset, won the award for featured actress in a musical for Hamilton.
THE ASSOCIATED PRESS

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Stop bellyaching about belly fat

HEALTH

Health pros get real about risk factors

If your spare tire is expanding, there may be cause for concern — but not because your pants don't fit. Here, health experts explain all about stomach fat.

What is abdominal obesity?
Dr. Fahad Razak, an internist at St. Michael's Hospital, says abdominal obesity is a disproportionate gain of fat within the abdomen, relative to other parts of the body. If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese.

The fat tissue is actually two types of fat: subcutaneous fat, just below the skin; and visceral fat, stored in the abdomen and around the organs.

Who gets it?
Dr. Sonia Anand, professor of medicine and epidemiology at McMaster, says men are more likely to be abdominally obese than women, said Anand. But once women are postmenopausal and losing estrogen, they may grow larger bellies, she said.

South Asian populations are prone to developing visceral fat, said Anand, whose research focuses on people of this demographic.

And then there's body shape.

Whether you have a pear shape — meaning you carry more weight in your hips — or apple shape — meaning you carry weight in your stomach — comes down to genetics.

What are the health risks?
If someone has an excess of stomach fat, they usually have an excess of visceral fat too, said Dr. Paul Poirier, a cardiologist and professor of pharmacy at Laval University. That fat around your heart, liver, kidneys and stomach, can lead to organ malfunction, he said.

The visceral fat also produces a molecule called adipokine, which is pro-inflammatory and circulates around the body, said Poirier. When someone has low-grade inflammation, they're more prone to coronary artery disease, gingivitis and other health issues, he said.

But the main health concerns are: diabetes, cholesterol abnormalities and heart disease, said Razak.

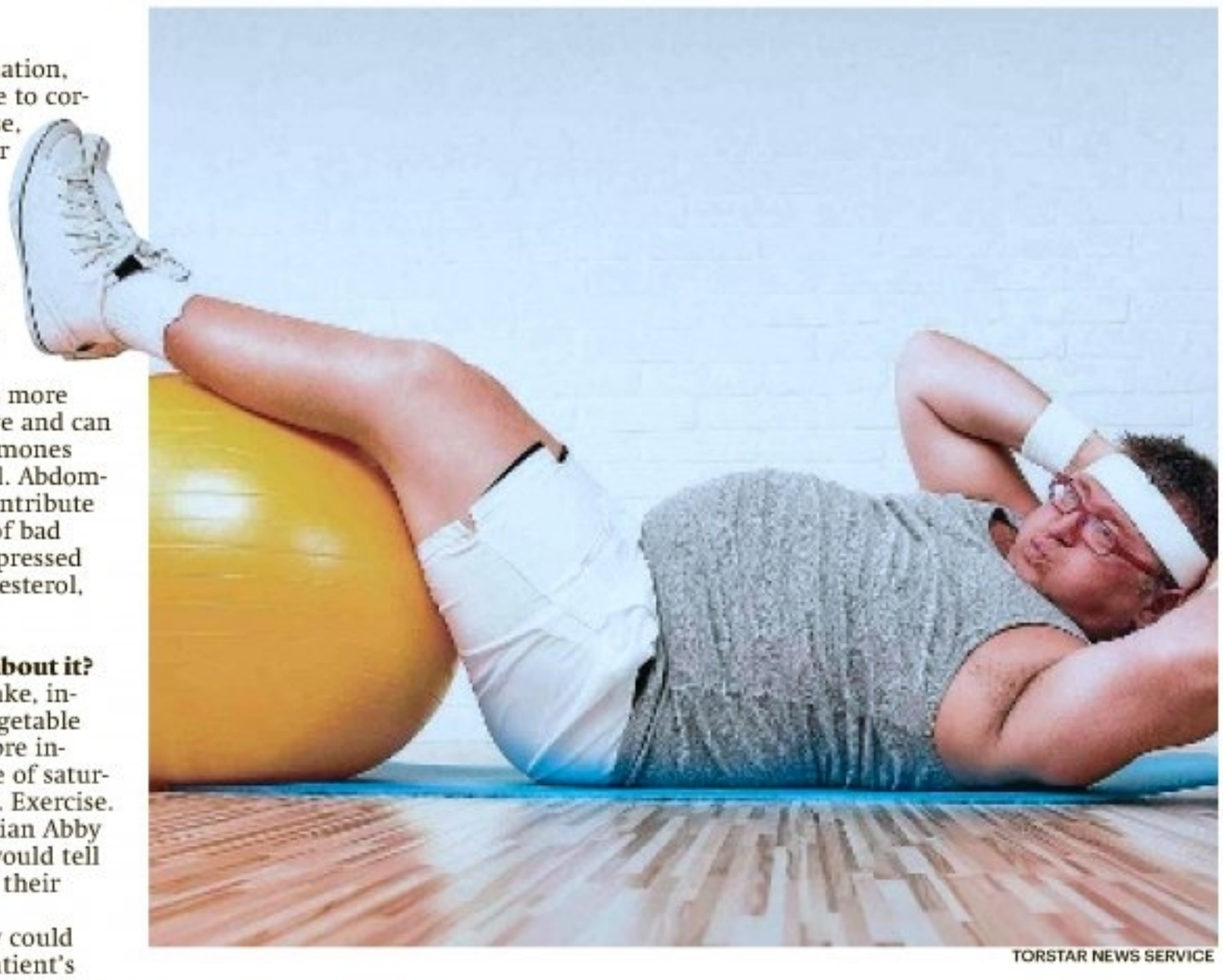
Abdominal fat is more metabolically active and can affect a body's hormones and insulin control. Abdominal fat can also contribute to elevated levels of bad cholesterol and depressed levels of good cholesterol, he said.

What can you do about it?
Reduce calorie intake, increase fruit and vegetable intake, increase fibre intake, reduce intake of saturated and trans fats. Exercise.

Registered dietitian Abby Langer agrees: "I would tell people to clean up their diet," she said.

Bariatric surgery could help to shrink a patient's stomach and improve overall health, despite being an extreme step, said Razak.

TORSTAR NEWS SERVICE



TORSTAR NEWS SERVICE

MYTH BUSTING BELLY FAT

Myth 1: Drinking beer causes beer bellies
It's not the beer, but the calories, said Dr. Sonia Anand, McMaster University. But if you have a beer belly, you may want to cut back on the beer. People with abdominal obesity have a higher risk of a fatty liver. Combined with alcohol, that will stress your liver, increasing your risk of chronic liver disease.

Myth 2: Spot reduction workouts shrink bellies
"There's no such thing as spot reduction," says Dr. Yoni Freedhoff, author of Why Diets Fail and How to Make Yours Work. If you work on losing weight, you will eventually lose body weight all over. Personal trainer Kathleen Trotter adds it's nutrition, that will help you achieve weight loss goals.

Myth 3: Cutting out specific foods helps
While some research shows diets high in simple carbohydrates — such as white bread and sugary desserts — can contribute to abdominal obesity, that's not proven, said Anand. Instead, overall good nutrition is what you should be focusing on to lose body weight, says Trotter.

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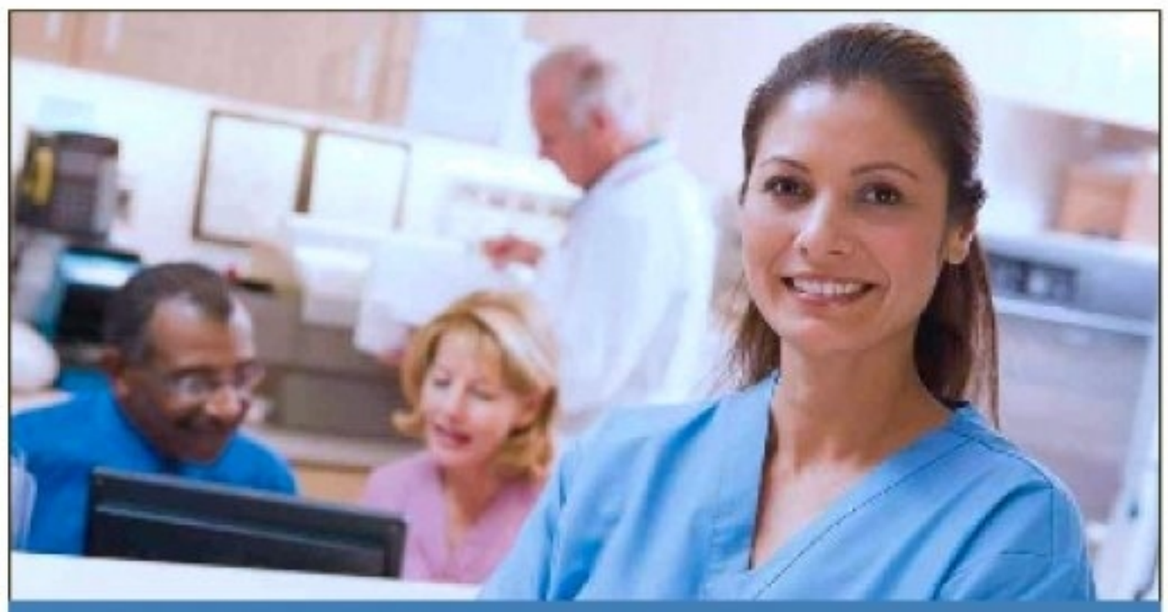
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Mental health still carries stigma: Poll

ONLINE SURVEY

Many people afraid to seek help for issues, doctor says

New data shows 40 per cent of Canadians say they've experienced feelings of anxiety or depression — but haven't sought medical help.

The numbers come from a survey of more than 1,500 Canadian adults by Women's College Hospital and Shoppers Drug Mart.

The results offer a striking look at the level of stigma and shame still surrounding mental illness, with 42 per cent of respondents saying they would be embarrassed to admit if they did have a mental health issue.

"People, despite everything, see it as a sign of weakness," said Dr. Valerie Taylor, psychiatrist-in-chief, department of medicine at Women's College Hospital and a scientist at Women's College Research Institute.

Mental health has made headlines in recent years, thanks to the efforts of activists, companies and individuals pushing to end the stigma — from the Canada-wide, conversation-starting campaign, to American actress Kristen Bell's recent TIME magazine essay, in which she opened up for the first time about her struggle with depression after not speaking about her mental health issues for the first 15 years of her career.

"There is such an extreme stigma about mental health issues, and I can't make heads or tails of why it exists," Bell wrote in her May essay. "Anxiety and depression are impervious to accolades or achievements. Anyone can be affected, despite their level of success or their place on the food chain."

The WCH and Shoppers Drug Mart survey was conducted online in May by Environics, a Toronto-based market research firm.

> **Anxiety and depression are impervious to accolades or achievements. Anyone can be affected.** Kristen Bell, in her TIME essay

The poll highlighted the benefits of a strong support network, with 94 per cent of women and 85 of men saying the support of a friend of family member is important if they're struggling with a mental issue such as anxiety or depression.

Even so, more than one third of respondents said they wouldn't know how to support someone who needed help.

"I think if we could decrease some of the stigma, people would perhaps be better able to come forward earlier and we'd have (fewer) tragedies," Taylor said.

Ulla Jensen, a retired nurse in Port Hope, Ont., can relate to the tragedy of mental illness; her daughter Jeanine D'Antonio took her own life in April 2014 at the age of 44 after struggling with depression and anxiety.

"It was very hard for us to deal with — her family, her husband, her 11-year-old child. I feel the system let her down and we all had some complicity in it," said Jensen. "We weren't able to recognize when she was really hurting." TORSTAR NEWS SERVICE

Actress Kristen Bell opened up about her struggle with depression in a TIME magazine essay in May. **A poll shows 40 per cent of Canadians who have felt anxious or depressed have not sought medical help.** GETTY IMAGES

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metro SPORTS

NBA star Blake Griffin has signed on as a five-night host for a mystery lineup from July 26-30 at the Just for Laughs Festival in Montreal

Cavs keep title hope alive

NBA FINALS

James, Irving each score 41 points to send series to Ohio

LeBron James had 41 points, 16 rebounds and seven assists, Kyrie Irving also scored 41 points and the Cleveland Cavaliers capitalized on the Warriors playing without suspended star Draymond Green, staving off NBA Finals elimination with a 112-97 victory in Game 5 on Monday night.

James and Irving became the first teammates to score 40 points in an NBA Finals game as the Cavaliers pulled within 3-2 and sent their best-of-seven series back to Ohio.

Take that, haters. James had much more to say about these playoffs before he's done — and not with his mouth, even as the criticism came from all directions following his Game 4 tussle with Green and reaction to what he considered the Golden State forward's inappropriate words. He was booed again as the Cavs left the court for their locker-room, but thousands of fans had already made for the exits minutes earlier.

The Cavs handed defending champion Golden State just its fourth defeat at sold-out Oracle Arena all season, denying MVP Stephen Curry and the Warriors a chance to celebrate a second straight title with their golden-clad "Strength In Numbers" supporters. Now, Curry and Co. must try to win on the road just the way the Warriors did last year and also in their only other championship season in 1975.

Klay Thompson scored 37 points and Curry had 25 for the Warriors.

Golden State will get Green back Thursday as they try again for that repeat title.

Banned from the arena, Green watched from a baseball suite in the Oakland Coliseum next door, joined by Golden State general manager Bob Myers.

The all-star forward was suspended Sunday for his fourth flagrant point of the post-season. He was assessed a retroactive Flagrant-1 for his swipe at James in the fourth quarter of Friday's Game 4.

THE ASSOCIATED PRESS

Cavaliers forward LeBron James scores two points on a layup past the Warriors' James Michael McAdoo in Game 5 of the NBA Finals on Monday in Oakland. BRUCE BENNETT/GETTY IMAGES

GAME 5 In Oakland

112	97
CAVALIERS	WARRIORS

INJURY NOTE

Golden State centre Andrew Bogut sprained his left knee in the loss and was scheduled to have an MRI later Monday night, the Warriors announced.

GOLF

Henderson just getting started

The magnitude of Canada's most significant golf victory since Mike Weir won The Masters in 2003 was still sinking in Monday for Brooke Henderson.

Phone calls to her parents, responding to a stream of congratulatory text and Twitter messages — including one from Weir — and a road trip filled the hours after her first major win Sunday at the KPMG Women's PGA Championship.

The 18-year-old from Smiths Falls, Ont., birdied the first hole of a playoff to beat world No. 1 Lydia Ko of New Zealand at the Sahalee Country Club east of Seattle.

> **"I know I have the whole country behind me cheering me on.**
> Brooke Henderson on competing in the Olympics

From three sand saves, to a 90-foot eagle putt on No. 11, to getting out of tree trouble for par on No. 18, Henderson was a study in resilience and shot versatility in a 6-under final round.

The victory propelled Henderson into the No. 2 spot behind Ko in the world rankings. It also pushed Henderson's season earnings to over $1 million US.

With a lot more golf to play in 2016, including three more majors and the Olympic Games, the Canadian has set her sights on overtaking Ko.

"This is huge momentum for sure," Henderson told reporters Monday morning from Portland, Ore., on a conference call.

"Definitely a huge confidence booster. To get that world ranking up to No. 2 is kind of surreal, kind of unbelievable, but I still have one more spot to go."

THE CANADIAN PRESS

Brooke Henderson GETTY IMAGES

CANADA RUGBY SEVENS

Hearn added for Olympic qualifiers

Canadian sevens coach Liam Middleton has added veteran Ciaran Hearn to his 12-man squad for this weekend's Olympic repechage tournament in Monaco.

The 16-country event at Stade Louis II represents the Canadian men's last chance to join Canada's women in Rio as rugby sevens makes its Olympic debut.

Hearn is no stranger to the sevens game but has been playing 15s of late with London Irish. The 30-year-old back from Conception Bay, N.L., joined the English team after last fall's World Cup and earned a contract extension in February.

Ciaran Hearn GETTY IMAGES

His last sevens tournament for Canada was in Glasgow in May 2015.

THE CANADIAN PRESS

IN BRIEF

Seahawks give former NBA guard Nate Robinson a look

The Seattle Seahawks have given former NBA standout and one-time college football player Nate Robinson a tryout.

The Seahawks confirmed that Robinson went through a tryout on Monday. Robinson had indicated in a video posted to YouTube earlier this spring a desire to play football again. He was a standout defensive back at the University of Washington as a freshman in 2002. THE ASSOCIATED PRESS

MLB

Scherzer shoulders Nationals over Cubs

Max Scherzer retired the first 16 batters he faced and threw seven innings of two-hit ball, striking out 11 in a pitching masterpiece that carried the Washington Nationals past the Chicago Cubs 4-1 Monday night.

Scherzer's bid for his third career no-hitter ended with one out in the sixth when Addison Russell hit a 3-2 pitch into the left-field seats. The only other batter to reach against Scherzer (8-4) was Anthony Rizzo, who doubled in the seventh.

Facing the team with the best record in the majors, Scherzer became the 26th pitcher in baseball history to have 40 games with at least 10 strikeouts. THE ASSOCIATED PRESS

MONDAY In Washington

4	1
NATIONALS	CUBS

Undercover contenders

EURO 2016
GROUP STAGE

Italians flip script on pre-tourney expectations

GROUP E In Lyon

2 ITALIA — 0 BELGIUM

Italy opened its campaign with an impressive victory over Belgium, while defending champion Spain beat the Czech Republic on a good day for the traditional powerhouses.

Ridiculed by their own media as one of the country's worst tournament teams ever, the Italians responded with a huge 2-0 win that sent the Azzurri to the top of Group E after Sweden and Ireland drew 1-1 earlier.

Also Monday, Spain needed a late goal from Gerard Pique to beat a particularly stubborn Czech Republic 1-0.

Tight defending and two well-taken goals were the keys to Italy overcoming a Belgium lineup tipped by some to win it all.

While the likes of Eden Hazard and Kevin De Bruyne failed to deliver, Emanuele Giaccherini and Graziano Pelle made a mockery of Italy's underdog status.

Giaccherini pounced on a stunning 40-metre pass over the Belgium defence by Leonardo Bonucci to score in the 32nd minute and Pelle rounded off a breakaway with an unstoppable volley from inside the area in stoppage time.

"The critics were all against us," said Italy coach Antonio Conte. "But this is the beauty of football. You get the chance to prove people wrong, if you have the determination and will to work like we have."

Emanuele Giaccherini scores Italy's first goal of the Euros against Belgium's Thibaut Courtois on Monday at Stade des Lumieres. MICHAEL STEELE/REMOTE/GETTY IMAGES

In Toulouse, Spain's patience finally paid off in the 87th minute, when Andres Iniesta found space on the left side of the area to chip over a perfect cross for Pique to head home.

It was no less than Vicente Del Bosque's team deserved.

"We took the initiative during the entire match. We dominated," the Spain coach said. "Iniesta made a perfect pass and Pique was phenomenal."

Sweden's game at Saint-Denis was a great deal more balanced, with Ireland well worth its 48th-minute lead when Wes Hoolahan swept in Seamus Coleman's cross with a sweetly-struck half volley.

"It's up there with the best goals I've scored," said Hoolahan, known as "Wessi" among fans of Norwich — a play on Lionel Messi's name in an homage to 34-year-old Irishman's trickery.

As ever, though, the talismanic Ibrahimovic came to Sweden's rescue.

His dangerous ball across the face of the goal was met with a stooping header by luckless Ireland defender Ciaran Clark into his own net.

THE ASSOCIATED PRESS

FAN VIOLENCE

The head of English football says he has "serious concerns" about the security arrangements for England's match against Wales on Thursday in Lens.

The match will be played in the northern city which is only 30 kilometres from Lille, where Russia will take on Slovakia the day before.

There were clashes between England and Russia fans in Marseille last week, and UEFA has threatened the teams with potential expulsion if there are more.

"Be safe, be sensible and continue with your great support for the players.

Wayne Rooney

OFF THE PITCH

Russian doctor says club being targeted for extra PED testing

Russia's team doctor is concerned that his players may be taking more doping tests than any other country at the European Championship.

Eduard Bezuglov said Monday that inspectors came to the Russian camp on three occasions during the build-up to Euro 2016, testing 10 players at a time, and "broke a record once by coming at 6.30 a.m." Russia gave 34 doping samples, according to Bezuglov, without giving exact dates.

Asked if Russia's soccer team was being unfairly targeted because of other doping scandals in Russian sport, Bezuglov said: "We've been asking this question to ourselves, whether we have been tested more than other."

"There is a hope that everybody is treated equally," Bezuglov said at Russia's training base just outside Paris. "And I am saying this because the Russian national football team has never had any precedents of this kind. We have never had a single problem like that. And this is throughout the whole history of Russian football — and I would like to emphasize that — the number of doping tests in Russian football has always been well above the requirement."

Asked for a response to Bezuglov's comments, UEFA told The Associated Press that it does not provide figures on the number of tests conducted for each team.

THE ASSOCIATED PRESS

IN BRIEF

Mexico clinch 1st in Group C
Jesus Manuel "Tecatito" Corona's goal in the 80th minute gave Mexico a 1-1 tie against Venezuela on Monday night in Houston and first place in Group C of the Copa America.
THE ASSOCIATED PRESS

Psychologist says Pistorius a 'broken man'
Oscar Pistorius is a "broken" man whose mental state has deteriorated and he should be hospitalized and not jailed, a clinical psychologist testified for his defence Monday to start the ex-track star's sentencing hearing in the murder of girlfriend Reeva Steenkamp. Prosecutors challenged that, pointing out that Pistorius had recently given a TV interview, and yet claimed to be unable to testify in court.
THE ASSOCIATED PRESS

Esks lose DB Ojo for 2016
Edmonton Eskimos defensive back John Ojo ruptured his right Achilles tendon during practice Monday and is out for the season.

Ojo led the Eskimos in interceptions last season with five, including one for a touchdown, in his rookie year.

He had four tackles in the West Division final versus the Calgary Stampeders, and recorded a tackle and a special teams tackle in Edmonton's Grey Cup victory over the Ottawa Redblacks.
THE CANADIAN PRESS

Samuels guides West Indies to win over Australia
Marlon Samuels scored 92 off 87 balls to guide the West Indies to a four-wicket victory over Australia on Monday in the fifth match of the limited-overs tri-series. THE ASSOCIATED PRESS

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RECIPE Char Siu Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe makes it so easy to make sweet and sticky barbecued pork at home. Marinating your pork loin overnight isn't necessary, although it will give you an amazing depth of flavour.

Ready in
Prep time: 1 hour 15 minutes
Cook time: 20 minutes

Ingredients
- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2½ lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

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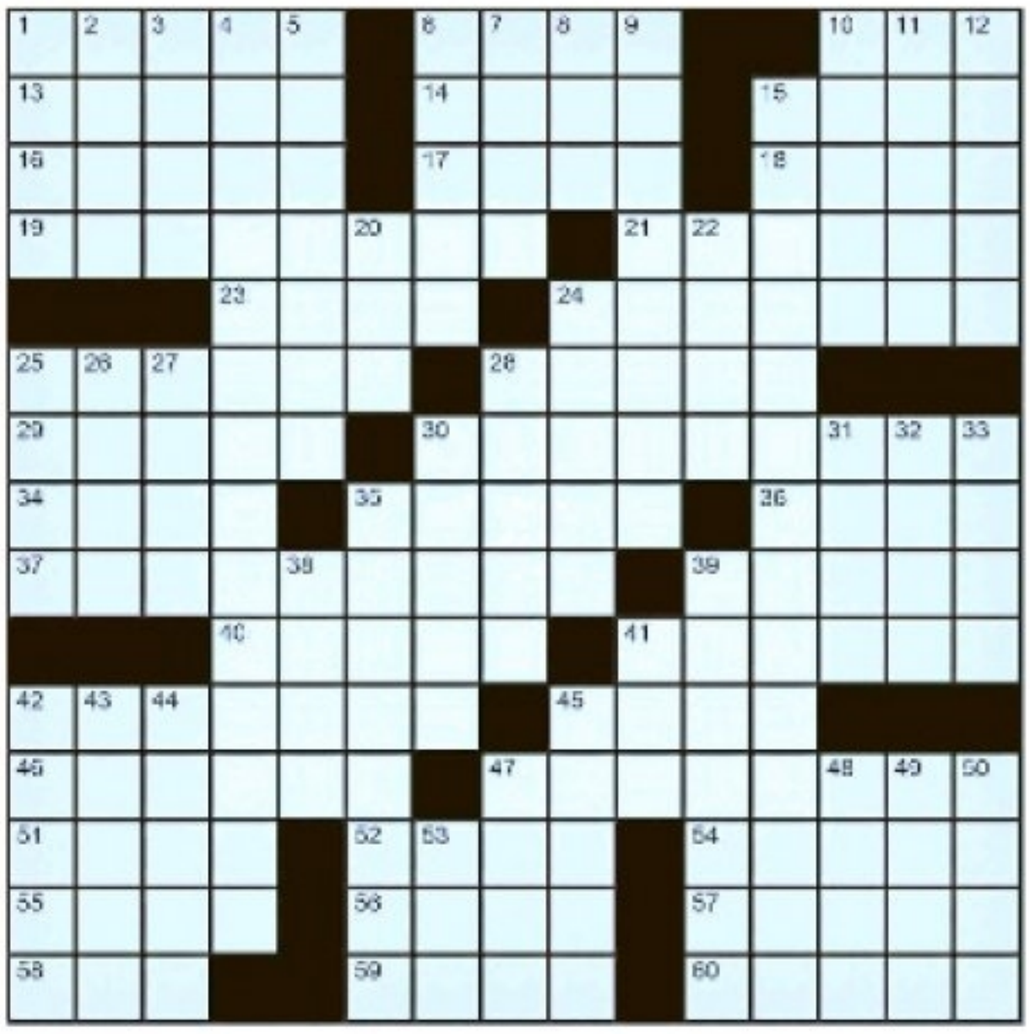
BY KELLY ANN BUCHANAN



ACROSS
1. Does this for Joy!
6. From way out
10. Account
13. Singer/actor Chris
14. Draped dress
15. Organized crime boss
16. Clemency
17. Ukraine city
18. Director Mr. Preminger
19. Improviser
21. Slowly advanced
23. Circulate
24. News story insiders
25. Mastermind
28. Mrs. von Trapp
29. 1973: "I Got a Name" by Jim _
30. Cottage extension perhaps overlooking a lake: 2 wds,
34. _ Piper
35. Rake over the _
36. Heraldic border
37. Manitoba community 15 minutes from North Dakota
39. Rock drill
40. Percussion instruments
41. Canada's big Bay
42. Vaudville performer, for example
45. Hillary's hubby
46. Traversed the rivers like a Voyageur
47. Renegade
51. As well
52. Slightly open
54. Bovid bag
55. Oliver of "Oliver!" (1968)
56. Tirade
57. White wine of Italy
58. Founded [abbr.]
59. "Kisses, dahling!"
60. Comfortable

DOWN
1. "Letters from Iwo _" (2006)
2. Put-upon
3. Crumbly soil
4. The white blossoms of this tree are the floral emblem of British Columbia: 2 wds.
5. Azure: 2 wds.
6. Awry
7. Reasonable
8. "We _ Family" by Sister Sledge
9. Cote d'Azur, and others
10. Workshop machine
11. Choice-selecting person
12. Commodities
15. Farm's morning alarm clock sound!
20. Derek and Bice
22. 'Short Shorts' retro TV commercials product
24. Minestrone-serving utensil
25. Force in Batman comics, commonly
26. Buffalo's lake
27. Liam's rocker brother
28. Financial resources
30. _ of vantage (Favourable position)
31. Misjudges
32. Jazzy Ms. Laine
33. Musicals composer Jerome
35. Our robotic space icon
38. Ancient empire
39. Marsh plant
41. _-_ (Fruit drink)
42. Startle
43. Acting father/son Alan Sr. and Alan Jr.
44. Commencement
45. Moorage
47. _ _ fever (Ailed)
48. Old Testament man
49. Ms. Campbell
50. Deuce-ace
53. Moose _, Saskatchewan

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to see new places and meet new faces. Unusual news might interest you as well. Stay on your toes!

Taurus April 21 - May 21
You might see new ways to earn money today. Yay! However, something unexpected with your finances could occur, so keep your eyes open. You might find money; you might lose money.

Gemini May 22 - June 21
For some reason, you have a greater freedom today than you usually do. New experiences will give you more insight into the world around you.

Cancer June 22 - July 23
Some kind of revelation or epiphany might happen today. It might be just a profound thought that occurs, or something might happen to you to trigger this observation.

Leo July 24 - Aug. 23
You might make a new friend today; if you do, this person will be unusual or different in some way. Alternatively, a friend you already know might do something that surprises you.

Virgo Aug. 24 - Sept. 23
In your interactions with bosses, parents and VIPs, something will happen that gives you greater freedom. You feel liberated. "I'm calling my own shots!"

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might drop in your lap today. However, planned travel itineraries might change. This is an exciting day with unusual opportunities.

Scorpio Oct. 24 - Nov. 22
A gift, goodie or perhaps a favor from a friend will help you today. Whatever happens, act quickly, because this window of opportunity will be brief.

Sagittarius Nov. 23 - Dec. 21
If your relationship with a friend or partner has fallen into a rut, today will shake it up a bit. Fortunately, it will shake it up in a good way. Point your finger in the air and sing, Staying Alive!

Capricorn Dec. 22 - Jan. 20
Expect a few surprises at work today. You suddenly might see a new and better way of doing things. Possibly, the introduction of new high-tech equipment will catch you off-guard.

Aquarius Jan. 21 - Feb. 19
Love at first sight might happen for some of you today. Accept spontaneous invitations to parties. However, parents should be vigilant about their kids today.

Pisces
Feb. 20 - March 20
Stock the fridge, because you might unexpectedly entertain at home today. Something surprising or unusual will occur within the family.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2				
5	1			3			6	2
			1		4			
		7		8		3		
9	3						5	4
		4		7		6		
			3		9			
3	4			6			1	8
				5				

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	3	6	1	4	7	8	5	9
9	4	5	3	2	8	1	7	6
7	8	1	5	9	6	2	4	3
1	9	3	6	8	4	5	2	7
6	5	4	7	3	2	9	8	1
8	2	7	9	5	1	3	6	4
3	6	8	2	7	9	4	1	5
5	1	2	4	6	3	7	9	8
4	7	9	8	1	5	6	3	2

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